

Uti symptoms women pregnant

Urinary tract infection occurs in the urinary system of the body.

Urinary tract infection called bladder infection, is a bacterial infection in the urinary tract.

Pregnant women are at increased risk of urinary tract infection starting at week 6 until week 24.

What are the symptoms ?

- Uti symptoms women pregnant
- Burning or painful urination
- Cloudy or bloody urine
- Pelvic or lower back pain
- frequent urination
- Fever
- Nausea or vomiting
- Problem urinating
- The urine seems cloudy
- Urine that contains a strange smell
- Feel like you need to urinate often
- Waking up to urinate

How can I prevent a UTI?

- Drink 6-8 glasses of water every day and cranberry juice is regularly unsweetened.
- Eliminate refined foods, fruit juices, caffeine, alcohol and sugar.
- Take vitamin C
- Beta carotene
- zinc
- Develop the habit of urinating as soon as you feel the need and empty the bladder completely when urinating.
- Peeing before and after intercourse.
- Avoid intercourse while you are being treated for urinary tract infection.
- After urinating, dry the spots (do not rub) and keep the genital area clean. Make sure to scan from front to back.
- Avoid the use of strong soap, shower and creams, and clean the femininity and powders.
- Change lingerie and pantyhose every day.
- Avoid wearing tight pants.
- Wear all cotton or crotch and cotton underwear.
- Do not soak in the bathtub for more than 30 minutes or more twice a day.

How The Urinary Tract Infection affect Your baby?

If Uti symptoms women pregnant is not treated, it may lead to kidney infection.

Kidney infection can cause premature birth and low birth weight.

If your doctor treats urinary tract infection early and correctly, urinary tract infection will not cause harm to your child.

How You Can Avoid Urinary Tract Infection ?

- Drink at least eight of water as possible a day.
- Wipe yourself from front to back when you go to the bathroom.
- Avoid feminine strong deodorants or soap that cause irritation.
- Take a shower instead of the baths.
- Do not wear very tight pants.
- Going to regular antenatal checkups, urine tests will routinely detect urinary tract infection.
- Avoid sitting in the bathroom.
- Shower removal, female spraying, and harsh soap in the genital area.
- Wear cotton underwear.
- Wipe from front to back.

Lower back pain, Uti symptoms women pregnant morning sickness, and heartburn are not already enough, you are more likely to get UTI during pregnancy, especially if you have one before.

Even if you do everything you can to keep your urine healthy for you and your child, you are only humans (cultivating another human being) and you may need additional help.

This is where we come in! Try Uakora to stay UTI-free.